

SUMMER SAMPLER

July 22 | Week 8

Like a delicious farmstand tomato with a sprinkling of salt

Let us know what you're up to!
#CSsummersampler

GOOD STUFF AT THE LIBRARY



Essential Oils 7/24 6:30 PM: Essential oils can help you safely and effectively maintain health. When someone in Kelly's family needs support, she turns to oils first. She has even replaced many of the harmful chemicals in her home like soaps, cleaners and shampoos with safer, oil based products. Join Kelly Petit to learn some basics about essential oils to see if they might be a good fit for you and your family's health and wellness. [Click to register.](#)

Books on Tap 7/25 6:30 PM: Our newest non-traditional book club for those in their 40's-and-under. Great conversation, food and drinks! The last Tuesday of the month we'll meet somewhere cool to talk about an amazing book while we drink and eat together. This month's selection is *All Our Wrong Todays* by Elan Mastai. Location: Cornerstone Restaurant. Look for the balloon on the chair! [Click to register.](#)

Board Games 7/27 6 PM: Get our your retro board games and rip the plastic off the new ones, we're setting up the tables for an evening of gaming! We're starting a gang of tabletop gamers at our library so if you're interested, join us! We'll have some snacks and drinks too! [Click to register.](#)

GRAPHIC NOVELS *by Stacie*



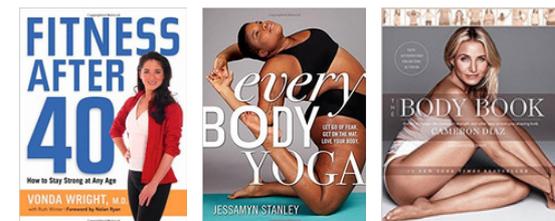
They're not all Archie and Superman. In fact, several of the best memoirs I've read, have been graphic novels (*Stitches* and *Fun Home*, btw). We've just started building a collection of graphic novels for adults here at our library and if you think you're not into the genre, have a look. I bet there's something here for you. History? ✓ Mystery? ✓ Nonfiction? ✓ Classics? ✓ If you've written off graphic novels as comic books for geek boys, think again! It's a wild and wonderful world of titles that I encourage you to check out!

BILL & TED SAVE THE UNIVERSE

Brian Jones (writer) and Bachan (artist): If you're like me and 1989's *Bill and Ted's Excellent Adventure* was a staple of your weekend video store rental routine, then check out this new comic from BOOM! Studios. This story sends the time-traveling duo on a quest to bring peace and harmony to the cosmos through--what else?--the musical stylings of their excellent band, the WYLD STALLYNS! [Find out more here.](#)

STRONG BODIES *by Lauren*

3 books on our radar that promote strong bodies and health!



Fitness After 40: How to Stay Strong at Any Age

Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body

The Body Book: The Law of Hunger, The Science of Strength and Other Ways to Love Your Body

[titles link to library catalog](#)



5 WORDS



DESCRIBE YOURSELF IN 5 WORDS

JUST AS YOU ARE TODAY

WHAT WILL THEY BE?



MINI DEEP DISH PIZZAS *by Whitney*

These 5-ingredient mini pizzas are unbelievably easy, fool-proof, and completely addicting! Perfect for any kind of get-together or just an average Tuesday dinner! There are tortillas and canned enchillada sauce involved so you KNOW it's going to be easy and delicious! Yum! These are going directly onto my 'Easy Weeknight Meals' Pinterest Board! [Here's the recipe.](#)



SUMMER DOCS *by Kelley*



Summer is a fine time to get lost in a weird documentary. Netflix has been a savior to that genre (not to diss PBS or anything!) but I watch more documentaries than I ever have now that I have Netflix. SO many good ones. I just watched all 7 episodes of a new one, *The Keepers* over just 2 days (which included 2 full days of work!) It was stunning and compelling! Sharpsburg even makes an appearance! Others to look into, all available on Netflix:

- [Under the Sun](#): all about North Korea
- [Minimalism: A Documentary about the Important Things](#)
- [Casting JonBenet](#): an odd but intriguing approach to this strange story
- [Human Planet](#): about people everywhere
- [The Champions](#): the Michael Vick dogs (have kleenex)

Cooper-Siegel

COMMUNITY LIBRARY

